

MARCH 2014



FIFTY PLUS

Lynchburg Parks and Recreation 434-455-5858

www.lynchburgva.gov/parksandrec

\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite. *Evening/weekend activities & times identified in "Green" throughout the newsletter. City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.*

TEMPLETON SENIOR CENTER

225 Wigginton Road - 455-4115

☎ AARP Smart Driver Class

This eight-hour, newly updated, driver refresher course, geared to the older driver, develops skills to enhance performance and safety. Check with your agent about a rate reduction! Instructors: Pat & Paul Deacon Register by 3/13.

Fee: AARP Members \$12.00

Non-Members \$14.00

Payable onsite to AARP.

74001.131

Tu W 3/18 & 3/19 9:00am-1:00pm

AARP Tax Aide

IRS Trained volunteers are on hand to help you complete your tax return. This free service is available on Mondays, Wednesday & Saturdays, 9:00am-12:30pm from March 1 - April 14. Be sure to bring all pertinent papers, social security card and a photo ID. *Please note: Due to the large number of people wishing to take advantage of this free service you may experience a long wait or be asked to come back another time. Priority given to Seniors.*

\$ Basic Colored Pencil Animal Drawing

Create a lasting memory of your favorite animal. Bring in an 8 x 10 photo of your pet or another animal to transfer on paper and color with pencils. Learn basic drawing techniques, color theory, color mixing and layering. Bring your own

colored pencils, sharpener, and white kneaded eraser.

Instructor: Linda Duff

Register by 3/15. 4 Week Session

Fee: \$50.00 LR: \$35.00

74405.131

M 3/17 - 4/7 6:00pm-8:00pm

\$ Beading with Jamie

Learn beading techniques as you design your own beautiful piece of jewelry. Instructor: Jamie Carlund Register by 3/21. Fee: \$10.00

74404.130

Th 3/25 6:30pm-8:00pm

\$ Beginning Guitar

This instructor-led class will teach you the basics for playing acoustic guitar. Also, learn maintenance, performance tips, and how to tune your guitar. Bring an acoustic guitar to class. A lesson book may be purchased from the instructor on site.



Instructor: Justin Shroder

Register by 3/17. 4 Week Session

Fee: \$30.00 LR \$20.00

74006.130

W 3/19 - 4/9 6:30pm-7:30pm

\$ Bridge Class: Advanced

Improve your game and learn the finer points of bridge. Previous playing experience is a must!

Instructor: Ed Moldenke

Register by 2/28. 6 Week Session

Fee: \$49.00 LR: \$34.00

74002.130

M 3/3-4/7 9:30am-11:30am

\$ Cabbage Beef Soup Luncheon

Enjoy this hearty and wholesome treat in a bowl. Included with lunch is your drink, rolls and tasty dessert.

Register by 3/21.

Fee: \$4.00

73004.131

Tu 3/25 11:30am-12:15pm

\$ Exploring Watercolors

Discover the basics of layering, blending and building depth in your paintings. Learn different techniques and how to correct mistakes.

Instructor: Betty Leary

Register by 3/4. 6 Week Session

Fee: \$75.00 LR: \$60.00

74401.131

Th 3/6-4/10 6:30pm-8:30pm

FREE Chair Exercise Video Class

Get fit and have fun exercising. It's a great exercise program everyone can do right from your chair!

Tu,Th,F 3/4 - 3/28 9:30am-10:15am

\$ Fundamentals of Oil Painting

Learn the fundamentals of oil painting as you explore the techniques of color blending, layering and application. Bring two 11" x 14" canvases and an inexpensive brush set to the first class.

Instructor: Betty Leary

Register by 3/6. 6 Week Session

Fee: \$75.00 LR: \$60.00

74400.131

M 3/10-4/14 6:30pm-8:30pm

Game ON!

Get energized with an exciting game of balloon volleyball played in teams from a safe seated position. Stay for lunch following the game.

Tu 3/25 10:30am-11:30am

Gardens of the World – Italian Gardens

Susan Timmons will take us on a tour through the beautiful gardens in Italy highlighting elegant architecture and fascinating sculptures.

Tu 3/18 10:30am-11:30am

\$ Hand Made Lace Class: Tatting

Learn the art of tatting, by creating an ornament or a cross. The project progression will teach you all the skills needed for making your own lace. Practice yarn available.

Instructor: Judy McGhee

Register by 3/3. 4 Week Session

Fee: \$30.00 LR: \$20.00

73004.132

Th 3/6–3/27 6:00pm-7:00pm

\$ Hand Painted Floor Cloth

Create a colorful, hand painted and uniquely designed 2' x 3' "canvas floor cloth. Learn to incorporate stamping, stenciling and taping methods into your project. Students should bring an inexpensive 2" paint brush. All other materials furnished. Instructor: Lynn Fox

Register by 3/6.

Fee: \$23.00 LR\$15.00

73004.135

Tu Th 3/11 & 3/13 1:00pm-3:00pm

Hospice Care

Hospice provides support for families and their loved ones experiencing a life limiting condition. A representative from Centra Hospice will discuss what services are available.

Tu 3/11 10:30am-11:30am

Meet the Author- Casey Clabough

Dr. Clabough's eight books to date are available internationally and have earned him numerous awards. At LC he teaches courses in Creative Prose and American Literature, and also serves as editor of the college's lone professional journal, the James Dickey Review.

73003.133

Th 3/28 10:30am-11:30am

\$ Oil Painting Basics

Learn to mix colors and incorporate basic design elements as you paint a beautiful landscape. Our inspiration picture will be a 'Southwestern Landscape.' Students should bring their 11 x 14 canvas and brushes. Instructor: Rodney Laughon

Register by 3/14.

Fee: \$45.00 LR: \$30.00

74400.130

Tu 3/18 1:00pm-4:00pm

Riddle on the Harp

Experience a variety of great music and great fun! Enjoy traditional and celtic music on wind and string instruments.

Th 3/6 10:30am-11:30am

\$ Sculpt and Tone Exercise Class

Begin with a cardio workout then focus on trimming and toning using weights, bands, and mats.

Instructor: Steffy Whitesell

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

74209.120

Tu Th 3/4-3/27 6:00pm-7:00pm

\$ Yoga

This class combines stretching, breathing, and holding postures for better overall health.

Instructor: Debbie Ladd

Register monthly. 4 Sessions

Fee: \$36.00 LR: \$24.00

74203.120

Tu 3/4-3/25 8:15am-9:05am

\$ Zumba

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music.

Instructor: Kirstin Eubank

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

74208.130

M W 3/3-3/26 5:00pm-5:45pm

\$ Zumba AM

Start your day with a great cardio workout as you move to the beat of Latin inspired music.

Instructor: Steffy Whitesell

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

74205.131

T Th 3/4-3/27 9:30am-10:15am

Special Interest at TSC

Canasta

Have fun and exercise your brain as you play this popular card game. New players and beginners are always welcome.

F 3/7-3/28 9:30am-11:30am

Current Issues & Events

Dr. Jim Campbell leads this interactive group as they discuss hot topics in the news.

W 3/12 & 3/26 10:30am-11:30am

Literature for Life

Leader, Dr. Jim Campbell, explores a variety of American Literature & poetry. New comers are always welcome.

Th 3/13 10:30am-11:30am

Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, this game is a great way to exercise your brain. Beginners welcome.

Th 3/6-3/27 9:30am-12:30pm

Pinochle

Pinochle is a trick-taking card game played with a 48 card deck. Each hand is played in three phases: bidding, melds, and tricks. Interested players and beginners are welcome.
Tu 3/4-3/25 9:30am-11:30am

FAIRVIEW CENTER

3621 Campbell Ave. - 847-1751

BINGO

Bring 2 **NEW UNWRAPPED** gifts to be used as prizes.

F 3/14 10:30am-11:30am

\$ Ceramics Club

Select your own project. Check with Jamey for pieces and pricing.
Club Fee: \$5.00

Register monthly.

W F 3/5-3/28 9:30am-11:30am

\$ Fairview Fitness

Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone. Instructor: Jan Baker

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

63300.130

M W F 3/3-3/ 11:30am-12:20pm

\$ Lunch and Learn: Aging and Memory

What is normal memory? Annette Clark will teach 10 warning signs and when you should have a discussion with your doctor. Register by 3/21.

Lunch Fee: \$4.00

63400.130

W 3/26 11:00am-1:00pm

\$ Paint Along with Betty

Create a colorful 8" x 10" acrylic painting as artist and instructor, Betty Leary, leads you step by step in the painting process. All materials furnished.

Register by 3/7.

Fee \$10.00.

63600.130

W 3/12 10:00am-12:00pm

\$ Pottery Oval Dish

Create a beautiful oval dish by molding and pressing a doily pattern in the clay. Choose paint color of your choice.

Register by 3/18. 2 Sessions

Fee \$5.00

63600.132

F 3/21 & 3/28 10:30am-11:30am

\$ Zumba Exercise Class

Move your feet to a Latin beat for a fun cardio workout that will tone and trim your body.

Instructor: Kirstin Eubank

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

63300.133

Tu Th 3/4-3/27 **6:00pm-6:45pm**

SPRING BANQUET

Enjoy a delicious meal, great entertainment, door prizes, a silent auction and more. Visit the Fairview or Templeton

Center to purchase your ticket.

Tickets: \$8.00 on sale thru 3/17.

Banquet Location:

Chestnut Hill United Methodist Church,
4660 Fort Avenue

Th 3/20 11:00am-1:00pm



Special Interest at FV

Social Bridge

Interested in playing bridge and making new friends? Come join the fun at Fairview.

M 3/3-3/31 9:30am-11:30am

Billiards

Two tables are available for recreational billiards.

M W F 3/3-3/31 9:30am-1:00pm

\$ Weekly Line Dance

Interested in line dancing for fun? Join this group of dancers any Wednesday and enjoy an energizing morning.

Fee: \$2.00/per class.

W 3/5-3/26 10:30am-11:30am

ACADEMY OF FINE ARTS

600 Main Street - 846-8499

\$ Tap Dance Class

Tap into better health as you polish up the knowledge of basic tap steps and add more tap combinations. Get your heart rate up and feet moving.

Instructor: Jamey Love

Register by 3/26. 6 Week Session

Fee: \$35.00 LR \$23.00

74208.131

Tu 3/4-4/8 1:00pm-2:00pm

OTHER LOCATIONS

Bowling

Enjoy weekly recreational bowling without the commitment of league attendance and play.

Game Fee: \$1.25/game plus tax

Fort Hill Bowling Center,

6015 Fort Avenue

Tu 3/4-3/25 1:00pm-3:00pm

\$ Fifty-Plus Pickleball

Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis. *Note two times below.

Staff: Marsha Berry

Register monthly. 4 Week Session

Fee: \$10.00

Heritage United Methodist Church,
582 Leesville Road

73703.130

*Beginners & Intermediate Players

Th 3/6-3/27 1:00pm-3:00pm

**Advanced Players

Th 3/6-3/27 3:00pm-5:00pm

\$ Fifty-Plus Whiffleball/Indoor Softball

Stay active with this fun-filled, fast paced indoor version of softball. Coed games, focused on fun and friendly competition. Staff: Lynn Fox Register & pay monthly. Fee: \$10.00 Heritage United Methodist Church, 582 Leesville Road 73702.131
W 3/5-3/26 9:00am-11:00am

☎ Golden Gourmet @ Stoney Badger

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring along a humorous story or joke to share. Register by 3/26. Call 455-4115. Meet at: Stoney Badger Tavern, 3009 Old Forest Rd. 73700.130
F 3/28 11:30am-1:30pm

New Chapter Book Group

"Vienne Prelude," by Brodie Thoene is the first in the series of books telling the courageous and compelling stories of those who risked everything to stand against the growing tide of Nazi terrorism that swept through central Europe. Meet at: The Drowsy Poet/Given's Book Store, 2236 Lakeside Dr. M 3/24 10:30am-11:30am

Coming in APRIL

\$ Archery 101 - Adult Class

Develop a new skill! Learn the basic elements of archery including parts of the bow, shooting form, and the layout of the range. All equipment provided. This class is a prerequisite for all other archery classes offered. Instructor: Kaleb VanDePerre Register by 3/26. Fee: \$33.00 LR: \$22.00 Fairview Center Field 73708.140
W 4/2 1:00pm-3:00pm

\$ Dogwood Clay Craft

Using Clay, create and design a dogwood wall hanging. Instructor: Sue Matherly Register by 4/5. Fee \$8.00 2 Week Session The Art Studio @ Jackson Heights 63600.140
W 4/9 -4/16 10:30am-11:30am

\$ Beginning Hand built & Wheel Pottery – Two Classes Offered

Learn to make clay pottery using both hand forming and wheel throwing techniques. Instructor: Gail Speidell Register by 4/1. 8 Week Session Fee: \$103.00 LR: \$88.00 The Art Studio @ Jackson Heights 26000.140
Tu 4/8 – 5/27 9:00am-12:00pm
Or 26000.141
W 4/9 -5/28 6:00pm-9:00pm

\$ Fifty-Plus Softball

It's time to take the game back to the park as the outdoor season begins. Play focuses on fun, fellowship and exercise. All players, men and women, age 50 and over are invited to participate regardless of skill level. Staff: Lynn Fox Register & pay monthly. Fee: \$10.00. Peaks View Park Field # 1 73702.140
W F 4/2-4/30 10:00am-12:00pm

☎ Rape Aggression Defense

Learn realistic self-defense tactics in this 12 hour, nationally accredited program of empowerment and self-protection for women. Presented by RAD certified self-defense instructors with the LPD. Participants need to wear comfortable gym clothes and sneakers and commit to be at all four classes for the maximum learning experience. All females, age 15 and over, are encouraged to attend.

FREE Register by 3/26
73003.141
Sat 4/5 – 4/26 9:30am-12:30pm

Newsletters are available for pick-up at the following locations:

- Lynchburg Community Market
- Lynchburg Public Libraries
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central Virginia Area Agency on Aging 12th & Madison Streets
- Beard Center on Aging, Lynchburg College
- Forest Library
- Doctor's offices



Lynchburg Parks & Recreation City Wide Program Staff

Allyson McSwain,
Supervisor City-Wide Centers

Lynn Fox, Senior Recreation Specialist,
Templeton Senior Center

Marsha Berry, Recreation Specialist
Templeton Senior Center

Tamara Reynolds, Recreation Specialist,
Templeton Senior Center

Jamey Love, Recreation Specialist
Fairview Center

Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.